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Natural home remedies for frequent urination

By: Devon Andre (<https://www.belmarrahealth.com/author/devon/>) | Bladder (<https://www.belmarrahealth.com/category/bladder-general-health-2/>) | Monday, August 22, 2016 - 01:30 PM



About 13 million Americans suffer from urinary frequency, and it is not just the older population. People of all ages can have urinary problems. Many young patients experience an abnormal opening or obstruction in the urinary tract, which is also called a functional bladder outlet obstruction. It can be treated. On the other end of the spectrum, incontinence is a problem prevalent among the elderly, affecting about 77 percent of nursing home residents.

There are numerous causes for **frequent urination** (<https://www.belmarrahealth.com/frequent-urination-causes-symptoms-treatment/>), from **urinary tract infections** (<https://www.belmarrahealth.com/natural-remedies-for-urinary-tract-infection/>), **enlarged prostate** (<https://www.belmarrahealth.com/enlarged-prostate-benign-prostatic-hyperplasia-causes-signs-symptoms/>), medications, to even tumor growths. The cause of frequent urination will dictate the type of treatment required. Below are some natural home remedies you can try to address the issue of frequent urination and prevent potential complications.

19 Natural home remedies for frequent urination

- Pomegranate paste: Make a paste from the skin of a pomegranate, add a pinch of it to water and consume twice daily.
- Roasted horse grams: Consume toasted horse grams for several days.
- Sesame seeds: Eat sesame seeds mixed with jaggery to control frequent urination.
- Fenugreek seeds: Make a powder of the seeds, mix with ginger and weed seeds as well as with honey or water – consume twice daily.
- Boiled spinach: Consuming boiled spinach can help balance the less or excess of urine flow.
- Eat more apples, sweet potatoes, raspberries, beans, bananas, brown rice, and cherries to relieve **constipation** (<https://www.belmarrahealth.com/constipation-elderly-causes-treatments/>) as it can trigger frequent urination.

- Practice bladder control exercise by holding in your urine for longer periods of time throughout the day – be mindful that holding in your urine for too long when you really have to go can increase the risk of infections, so don't do it to the point where you are in pain.
- Perform Kegel exercises.
- Monitor your fluid intake – avoid drinking too late before bed to avoid **nocturia** (<https://www.belmarrahealth.com/common-causes-frequent-urination-night-nocturia-symptoms-treatment-natural-remedies/>).
- Avoid alcohol, citrus foods and drinks, coffee, tea, and tomatoes and tomato-based products.
- White vinegar: Take two tablespoons and mix with a half cup of warm water, then drink to help reduce frequent urination
- Baking soda: Mix a teaspoon with a glass of water and drink once a day, every few days
- Cranberry: Containing bacteria-inhibiting properties, cranberry juice is good for reducing frequent urination. Drink about four ounces of pure cranberry juice to aid in preventing urinary tract infections and subsequent frequent urination
- Indian gooseberry juice: A great source of vitamin C, helping boost the immune system and treat potential problems of urinary tract infections. It contains useful inflammatory reducing properties.
- Aloe Vera juice: Aids in the reduction of inflammation and **burning sensations during urination** (<https://www.belmarrahealth.com/causes-burning-urination-symptoms-home-remedies/>). It also helps improve kidney function.
- Cumin seeds: Aids in alleviating digestive problems that may affect urination. Consuming with warm water every day will aid in treating frequent urination associated with digestive tract problems.
- Jaggery: A popular remedy for treating the symptoms of frequent urination.
- Yogurt: Rich in probiotics and therefore aids in the promotion of a healthy digestive system and healthy kidneys
- Cinnamon powder: Containing natural anti-inflammatory properties, this natural remedy helps reduce symptoms of inflammation and burning sensations. It also promotes healthy kidneys, helping reduce frequent urination.

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Other treatments for frequent urination

When frequent urination turns out to be something other than a temporary issue, such as a urinary tract infection, there is no need to despair and to think that you are destined to be a hermit because you need to be near a washroom at all times. While there is no cure for frequent urination, there are a number of different treatments that can help keep frequent urination episodes under control.

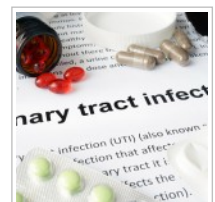
For example, if **diabetes** (<https://www.belmarrahealth.com/category/diabetes-2/>) is the cause, treatment might involve **managing blood sugar levels** (<https://www.belmarrahealth.com/type-2-diabetes-risk-lowered-15-minute-walk-due-to-improved-blood-sugar-levels/>). If a person has **overactive bladder** (<https://www.belmarrahealth.com/overactive-bladder-causes-treatments-home-remedies/>), treatment could begin with behavioral therapies, such as bladder retaining, diet adjustments, and Kegel exercises.

Treatment for frequent urination can also involve medications. Some drugs come in the form of tablets, while others come in the form of a patch. In recent years, the drug Botox has been used to treat some people with frequent urination. The serum is injected into the bladder muscle, causing it to relax and increasing its storage capacity. This can reduce episodes of leaking.

Surgery is possible, but it should be a last resort. The least invasive is a procedure that involves implanting a nerve stimulator beneath the skin to help manipulate contractions in the muscles and organs within the pelvic floor.

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Infographic: Natural Home Remedies for Frequent Urination (<https://www.belmarrahealth.com/infographics/infographic-natural-home-remedies-for-frequent-urination/>)



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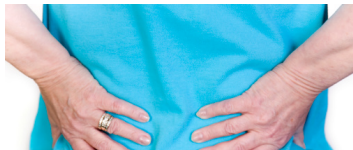
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Liver Rescue has helped give me an overall feeling of good health. Noticed the difference after I started taking the product. – **R.P.**

Your marvelous products kept me coming back. My eye health getting much needed support. I would recommend it to anyone wishing to feel younger and sharper eyes. Thank you. – **L**

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